


**Listening Skill**
**PBD Module DSKP Practice**

LS 1.1.2 Understand independently specific information and details in simple longer texts on a range of familiar topics.  
 LS 2.1.2 Ask for and respond appropriately to simple suggestions


**A Listen to the advice on 'Quick Tips for a Healthy Body'.**
**B Complete the graphic organiser.**
**How to take your food**

(a) Eat a small handful of \_\_\_\_\_ and nuts.

(b) \_\_\_\_\_ ensure a supply of good nutrients. Vary the colour of the fruits.

(c) Fill half your plate with a variety of \_\_\_\_\_ and a good quarter of each protein and good carbs.

(d) Chew your food well and good to help in \_\_\_\_\_.

**Liquid**

(e) \_\_\_\_\_ is the most vital nutrient.

(f) Your intake should be \_\_\_\_\_ a day.

(g) Replace coffee and soda intake with \_\_\_\_\_.

**Tips for a Healthy Body**

**Web Link**

Check out this article on habits you need for a healthy mind and body:



Info



<https://www.goalcast.com/2017/12/14/8-habits-healthy-mind-and-body/>

**What to avoid**

(h) \_\_\_\_\_ and rich/fried food unless you are eating out.

(i) Save the \_\_\_\_\_ for real healthy food at home.